

Presented by



# YOURWEIGHTMATTERS MEMPHIS

## FREE SUPPORT FOR YOUR WEIGHT AND HEALTH JOURNEY



### LOOKING FOR TRUSTED, SCIENCE-BACKED GUIDANCE FOR MANAGING YOUR WEIGHT AND HEALTH?

#### HERE'S WHAT YOU CAN EXPECT:

- Expert-led education on weight management
- Practical tips for nutrition and mental health
- Insights into the latest treatment options
- A supportive space to learn and connect



**Saturday**

**December 6, 2025**

9:00 am to 1:00 pm

Free Breakfast | Free  
Parking | Free Giveaways



**Hilton Memphis**

939 Ridge Lake Boulevard,  
Memphis, Tennessee, 38120

This is a **FREE** event, but space is limited. **Register now to save your spot!**

**SCAN HERE  
TO LEARN MORE  
& REGISTER** →



[yourweightmatters.com/memphis](https://yourweightmatters.com/memphis)

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Thank you to our Community Partner  
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